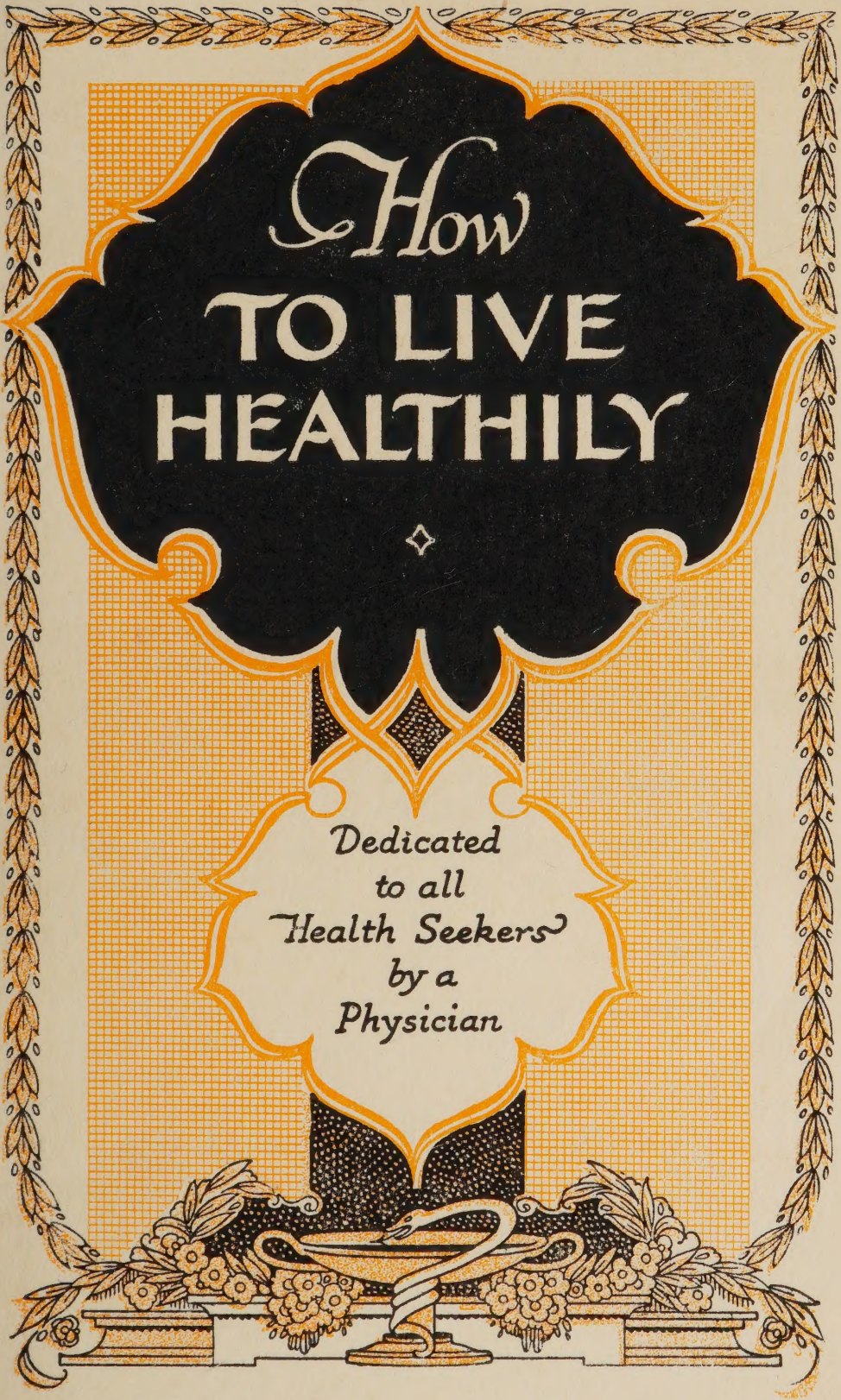




How TO LIVE HEALTHILY



*Dedicated
to all
Health Seekers
by a
Physician*



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HOW TO LIVE HEALTHILY

INTRODUCTION

*Containing a Medical Question for both the Well
and the Sick*

PASCAL, one of the most charming of French authors, once wrote that "Man does not wish to be told the truth." As a physician I know, only too well, that the truth very often wounds, however carefully it may be softened down. But I also know full well that, if the truth be not told in matters connected with health, the saddest disasters may result. I could quote you many instances from my own practice, without any thought of boasting, in which I have saved comparatively young lives from plunging downwards into the dark valley of chronic invalidism, and, by teaching others with damaged organs how to live aright, have added years of happiness to their lives.

But I am not concerned alone with the invalid, though I know I have a hopeful message for him. I am also quite certain that, as a physician who has been engaged in a busy general practice for well over a quarter of a century, I can tell any man or woman, who will grant me a very little patience and thought, something which will cause him to think, and then to think again, even though he be what the Americans call a "well man." It is curious to reflect that there are millions of people in the world who would shrink from the attempt to drive and keep the machinery of a motor-car in order, and yet who fondly imagine

that they can continue to drive the delicate and complicated vital engines of their own bodies to the best advantage. Their knowledge about both things is probably equally crude, and the only difference between them is that up to a certain point, the human body knows how to drive itself. And that leads me up to what I want to ask those who allow their vital engines to drive themselves—are they quite sure that in this way they are getting *the best mental and physical output* that their systems are capable of giving?

That is a question requiring quite a lot of thought. In order to answer it, a useful plan is to compare yourself with a number of others in physical and mental capabilities, in staying-power, in rapidity of recovery from minor illnesses, and in general health, and if you should find any shortcomings, try to find the reason for them in these pages. I think I can fairly promise you several sound clues to work upon. I do not want you to become what is termed introspective—that is, to be continually thinking of and worrying about yourself—because, if anything, that is worse than not thinking about your body at all. I just want you to cultivate that happy medium—an occasional general overhauling of yourself in order to make sure that all your bodily functions are working smoothly and in harmony with one another, and in particular, that you are getting the *very best* out of what Nature has endowed you with.

In order to be able to do this overhauling properly, you must first of all be equipped with some simple items of knowledge concerning the construction of your body, and the manner in which Nature intends it to carry on its work. Space forbids my touching on anything but the vitally important points, but you may take it that, if you thoroughly grasp these, nothing else will matter very much.

CHAPTER I

A SIMPLE ACCOUNT OF THE PHYSIOLOGICAL STRUCTURE AND WORK OF THE HUMAN BODY

Although I have studied for many years the highly-complicated internal structure and mechanism of the human body, both in health and disease, I find it most difficult to describe its construction and workings in simple language. The plainest illustration will perhaps be best. Just as a building is composed of individual pieces of stone, brick, wood, iron, glass, etc., so the human body is built up of different kinds of "tissue," as it is termed; the brick, stone, wood, etc., are, in fact, the "tissues" of the building. We have, in the human body, muscle-tissue, bone-tissue, nerve-tissue, skin-tissue, liver-tissue, and so forth. But the comparison will go further than this. Examined under a magnifying glass or microscope, it may readily be seen that brick, stone, iron, wood, etc., are internally of totally different structure—that is to say, they are made up of different atoms, fibres, crystals, granules, and so on. Precisely in the same way the particles, or "cells" as we call them, which go to make up a mass of muscle or muscular tissue, are all of a peculiar shape. Nerve-cells, bone-cells, blood-cells, liver-cells, etc., are similarly quite distinct in shape from each other. Any physician, given the tiniest portion of the human body, can tell, with certainty, by examining it under the microscope, from what part of the body it has come, and whether it is healthy or diseased.

Some of the different cells of the human body are shown, highly magnified, in the accompanying illustrations, in order to help you to realize fully this point. We cannot, however, carry the comparison between the building of which we spoke and the human body any further than this, for the very simple reason that the former is composed of dead matter, and the latter is constructed of matter which is all more or less living.

The Wonders of Cell Life

Every single one of the fifteen billion cells of the human body has life in it, and that life is maintained so long as the cell is properly fed by the blood, and so long as it has vital energy conveyed to it from that great storehouse of energy, the nervous system.

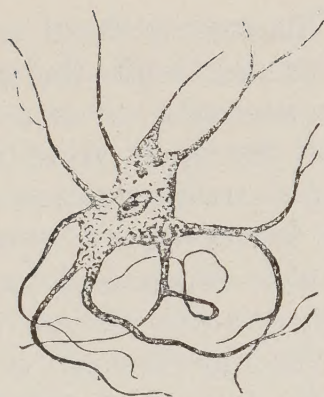
But this does not end the matter. If you will just follow me for one moment longer, I think all will be plain. Neither the blood nor the nervous system can go on giving out nutriment and energy unless they themselves are furnished with the raw material out of which to manufacture what is necessary for the feeding of the various parts (or tissues) of the body.

True, the body has certain reserves of stored-up food-material, and when necessity arises, the blood and nervous system can draw on these reserves for a limited time. But when these reserves are exhausted and no fresh food-material is forthcoming, nothing in the world can prevent a breakdown, and finally death.

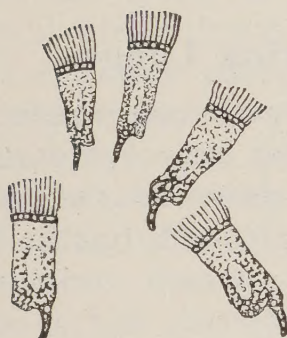
Now, mark specially what I want to impress on you next, for this is what everybody in my experience, no matter how strong and healthy, fails to put at its proper value. I have just spoken of breakdown and death. I do not mean necessarily a general breakdown, nor do I mean death of the body as a whole, for it may be that it is only some single part or organ of the body which is broken down, or virtually dead.



Squamous Cells (outer layer of skin, etc.)



Nerve-cell, showing numerous branches



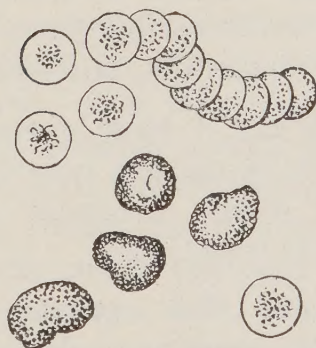
Ciliated Cells from Trachea (Windpipe)



Mucous or Goblet Cells from Intestine



Cylindrical Cells from Intestine



Red (circular) and White (irregularly shaped) Blood Corpuscles

SOME OF THE CELLS OF THE HUMAN BODY (Greatly Magnified)

This may be hard to believe, but it is an everyday experience with the practising physician. Let me give you one or two instances of it. Suppose you crush the tip of your finger badly, and the usual blue discoloration appears at the root of the finger-nail: in a few weeks, as you all know, the old finger-nail becomes dead, and begins to come off. It is really dead, and this has occurred simply because, owing to the tearing through of the blood-vessels and nerves which nourish it, no food-material or nerve-energy is capable of reaching it.

Dead Places in Living Lungs

Take the case of a person with consumption or tuberculosis of the lungs. The microbes (tubercle bacilli) which cause this settle down on the delicate lung-tissue—poison it, eat into it, and, finally, kill a portion of it; the little sacs, which contain air, become filled up with dead material, and a certain portion of the lung may become so choked up as actually to die, and be perfectly useless to the body. Some of the dead tissue is coughed up, leaving a cavity where formerly healthy lung existed. A similar thing happens in the case of cancer, chronic inflammations, abscesses, and the like.

So far, I have given you only examples of actual death of certain portions of the body. Let me give you some instances of local breakdowns of the bodily machinery.

Take that extremely common and painful condition, *neuritis*—which may attack the nerves of the arm, shoulder, leg, loin, and so on, and which is now recognized as the real cause of lumbago, sciatica, muscular rheumatism, and several other common ailments. Neuritis is simply a breakdown of a certain nerve, and one or all of the branches of that nerve.

The nerve receives an injury, or is poisoned by substances formed during imperfect digestion, or is starved of the food it requires, and inflammation, irritation, and wasting follow. Now, a nerve-trunk (*i.e.* a main nerve) is like an electric cable: it is a bundle of nerve-fibres contained in a sheath or wrapping, each nerve-fibre running along to one or other branch of the nerve, and thus to one or other part of the body on the circuit of that nerve. If the whole of the nerve-trunk, or cable, gets choked up with the products of inflammation, or is poisoned or starved, the whole of the fibres or wires contained in it will break down, and the parts which should receive nervous energy through those fibres will waste and become more or less incapable of use, and any attempt to use them will result in pain. Such a condition takes many months to cure, and is always apt to recur, unless appropriate treatment is carried out.

A Breakdown in the Blood-factory

Take, again, that very common condition, *anæmia*—commonly called “poverty of blood.” There are several varieties of this disease, some of them fatal to life in a few months. Anæmia is caused by a breakdown in the blood-factory. The blood-cells, or corpuscles as we term them, number about five millions in each drop of blood, and are busily engaged in gathering up food-material from the digestive organs, and carrying this to each and every part of the body. If these corpuscles become sick, or are not turned out in adequate numbers from the blood-factory, as happens in cases of anæmia, their powers of collecting and carrying nutritive matter round the body becomes feeble, and the whole system sinks to a low level of vitality, with almost every single organ and function of the body deranged.

CHAPTER II

HOW THE BODY-CELLS ARE KEPT FIT

You will have gathered by now that in a perfectly healthy body, giving the best possible output of mental and physical energy, every organ and every tissue of the body has to be in sound working condition and properly toned up. But as every organ and tissue is composed of masses of one or other kind of *cell*, it follows that every one of the fifteen billion cells of your body should be perfectly sound and fully charged with vitality, if you are to be healthy in every respect.

Now, all the working cells of the human body are very largely composed of a special substance called *albumin*. This albumin is manufactured or extracted by the digestive processes from a certain class of food termed proteid-food, or simply proteid. *The proteid is the raw material, and the albumin the finished product formed during digestion and then carried along by the blood to nourish, vitalize, and repair the waste of the several tissues and cells.* So highly important is proteid to the human system, that the great chemist Liebig once said, using a phrase which has become a proverb amongst medical men, "Without proteid we die." He might have said with even greater scientific truth, "*Without albumin we die,*" for it is a

physiological fact that it is really the albumin for which the cells of the body constantly crave.

But you must realize that there are proteids and proteids—some useful for building up and repairing the waste of the body, some quite useless for these purposes. Some proteids are digested with ease, many with difficulty. Also, it must be noted that some so-called proteid foods, when digested, yield a large amount of albumin, while others yield but a very small amount. The most digestible proteid, and that which contributes most albumin to the human body, is that which is obtainable from milk. I want you to bear this scientifically-proved fact in mind.

Now, I want to say a few words to those whose vocations make special and constant calls on their brains and nervous systems, for theirs is an exceptional case. Most of the cells of the body contain, in addition to albumin, a certain amount of *phosphorus*. But the brain and nerve-cells contain a larger amount of phosphorus than any of the other cells in the body. And it is chiefly the phosphorus of these brain-cells which is necessary for their energy and vitality. A celebrated physiologist once went so far as to say: "*Without phosphorus there can be no thought.*" The truth of this is shown by the fact that, during a heavy spell of mental work, the phosphorus of the brain-cell is fairly rapidly used up, and is converted into various mineral phosphates, which are thrown off from the body. While I was actually engaged on this booklet, a professional gentleman came in to be examined by me for life-insurance, and, as is usual in such cases, an examination of the urine had to be made by me. When I came to take up the specimen glass, I noticed that the urine was very cloudy, and the patient, who had also observed it looked very gloomy. Suspecting

what was really the case, I asked the patient if he had been having a busy time lately, and he informed me that he had been working hard for over a week, and until late every night. The addition of a few drops of strong nitric acid to the specimen cleared up all the cloudiness, and I was able to assure my visitor that there was nothing serious the matter with the urine, but that it was merely loaded up with the waste phosphorus from his hard-worked brain-cells.

The Urgent Need of Phosphorus

There is a moral in this incident which you will, I think, have already perceived, namely, that if brain-work uses up the phosphorus of the brain-cells, that phosphorus has got to be replaced. If the phosphorus be not replaced, your brain-cells cannot possibly remain active, or possess anything but the smallest amount of energy; your mental work will become slow, irregular, inaccurate, and uncertain; ideas will form but slowly, memory will become impaired, enterprise will be feeble, staying-power will be diminished, and every effort will become a serious strain. Not only this, but as the brain and spinal cord are being starved of their natural food, and as they are the centres from which all the other parts and organs of the body are stimulated and regulated, every single function of the body will inevitably sink below par, and you will be well on the road to what is vaguely called "nervous prostration or neurasthenia."

How important it is that nerve-cells should be supplied with their proper quantity of phosphorus and albumin is seen in the illustration opposite, which shows how a nerve, although partly destroyed, repairs itself when properly **nourished**.



A.



B.



C.



D.

HOW NERVES REPAIR THEMSELVES

A.—Healthy nerve-fibre.

B.—Nerve-fibre two days after it had been poisoned. Note the destruction of the fibres.

C.—Destruction in a more advanced stage.

D.—Commencing repair of the nerve. Several new fibres have sprouted and grown through the diseased area connecting themselves with the healthy part of the nerve.

There is one other class of cell to which phosphorus is specially necessary, namely, the red corpuscles of the blood. The work of these millions of little cells is two-fold—they carry the oxygen of the air we breathe to every part of the body, in order to burn up (or oxidize) the waste materials created during the working of these parts, and they also assist in the carrying of nutritive material from the digestive organs all round the system.

Both of these actions are essential to good health. If waste matters are allowed to accumulate—that is, are not sufficiently oxidized and removed from the system—they poison and clog the bodily mechanism. The formation of *uric acid*, and the consequent onset of *gout* in its extraordinarily numerous varieties, is due to the fact that the oxidation of certain food-material can only be carried half-way. Thus, instead of a substance being formed which the body can easily cast off (urea), we get uric acid formed, and the body can only throw this off with great difficulty. This uric acid remains, and causes irritation and inflammation of one or other organ or tissue of the body. One line of cure, therefore, for uric acid troubles, is to maintain the red blood corpuscles in a good state of efficiency by feeding them with an ample supply of phosphorus.

The *white blood corpuscles* are the standing army of the blood, and their principal duty is to attack any intruders into the body such as microbes or disease germs. When any such foreign elements get into the system the white corpuscles surround them and literally eat them up. Many get killed in the battle, of course, and the pus or matter from an abscess or gathering is chiefly composed of dead white corpuscles which have given their lives, so to speak, in order to save a general invasion of the system by dangerous microbes.

CHAPTER III

HOW THE PROBLEM OF CELL FOOD HAS BEEN MET

The most superficial consideration of the facts I have laid before you, is sufficient to make it plain that food which is rich both in albumin and phosphorus is an absolute necessity for the proper nutrition of the brain, the blood, and, in reality, of every tissue and cell of the body.

We physicians have for many years been crying out for this food, knowing, as we do, the precise needs of the hard-working body-cells. But it is only within recent years that, after numerous failures, modern chemistry has overcome all obstacles and, to our delight, produced exactly the substance we require. This substance, which is abundantly rich in both albumin and phosphorus, and which contains these body-building materials in just the very form in which the body wants them, is now to our hands. It is known commercially as *Sanatogen*, a word which means "the generator of health," and verily it has justified its name a thousand times and more. I speak now as one who, in the words of the Arabian proverb, "Knows and knows that he knows." I speak in this way, not merely from my own large experience, but from a knowledge of what my professional *confrères*, in every branch of medicine, have publicly and repeatedly said in the journals and periodicals devoted to our work.

You know, I am sure, how very suspiciously any physician looks upon all medical preparations outside the official list of remedies set out for his use in what is known as the British Pharmacopœia. I can most positively and most frankly assert that, far from ever having had any suspicion of Sanatogen, the medical profession has from the first welcomed it with open arms. One of the reasons for this is that it is not a substance of unknown composition—in other words *it is no “secret remedy,” nor is it in any sense a drug.* The proprietors have from the first outset openly declared its ingredients, and we have proved the truth of their declarations by repeated analyses of samples taken anywhere and anyhow. Confidence begets confidence, and the medical profession have now acknowledged, times without number, and in the most public manner possible, that Sanatogen is pure, that it is easily digestible by the feeblest stomach, that it contains phosphorus and albumin in rich abundance, that these two substances actually exist in it in precisely the form that the human system demands, and that, as a feeder and builder of cells and as a nerve tonic, it is unsurpassed.

Decision of the International Medical Congress

The truth of the foregoing statement can best be driven home by the fact that, at the Great International Medical Congress held in London, a Special Committee, composed of the most eminent physicians in the world, singled out Sanatogen from all other tonics and special foods, and gave it their highest possible award, the *Grand Prix*.

I may tell you at once *what Sanatogen consists of:* It is prepared from the albumin of fresh cows' milk

chemically combined by a unique and secret process with glycerophosphate of sodium, *i.e.*, phosphorus in just that form in which it exists in the living body. It is not a mere mixture, like so many of its imitations now on the market, but it is literally a new chemical compound, and those of you who have studied chemistry know that, though a mixture may and does vary in composition, a chemical compound never varies, but always contains the same proportions of the constituents which go to make it up. Moreover, the phosphorus-constituent in Sanatogen, being thus chemically combined with albumin, is almost wholly absorbed by the body. This is a very important point, for other forms of phosphorus seem to defy the body to absorb them, and are, therefore, practically useless. This has been pointed out by no less an authority than the late Sir Charles A. Cameron, C.B., M.D., etc., Medical Officer of Health and Public Analyst for Dublin. According to his analysis, Sanatogen "contains a large amount of organic phosphorus—that is, phosphorus which is offered to the tissues in exactly the form in which it can be easily absorbed." And he adds: "It is this organic phosphorus which, in my opinion, makes the substance of such high value as a nerve food."

As may be imagined, it is an extremely difficult and delicate chemical process to make a true organic compound of phosphorus and albumin, and its accomplishment in the case of Sanatogen may be described as a veritable triumph of modern pharmacy.

I know a keen and very clever physiological chemist and Professor of Physiology in an American University, who analysed Sanatogen, and, having found out its ingredients to the closest fraction, endeavoured to make some for himself. But he was sorely disappointed, for he told me that none of his

mixtures, clever as they were, had the same effect upon his patients as Sanatogen. This physician has since contributed to the *Lancet* the results of his investigations into the marvellous manner in which Sanatogen regenerates the cells of the blood and stimulates them to action.

A Safe and Natural Stimulant

There is one other very important medical consideration to be borne in mind in connection with Sanatogen. I have called it, and very truly so, a stimulant of the body-cells. There are many other stimulants known to physicians—alcohol, ether, strychnine, quinine, camphor, salvolatile, etc.—but with each and all of these there is an inevitable reaction or relapse when the stimulating effect is over. In other words, they are merely temporary stimulants—flashes in the pan, so to speak: their chief benefits are that they enable a patient to tide over a crisis. Sanatogen is as different from these as chalk is from cheese. It is a steadily acting tonic food, and it acts in a natural and physiological manner—re-creating cells which have been broken down or devitalized by illness or overwork, and building up new cells where these are needed. *There is no jerry-building about Sanatogen*; what it does is to go straight to the core of well-being—the cells, and to build these up one by one into a permanent and solid fabric of health. Being simply a pure, “phosphorized” proteid, Sanatogen contains no dangerous drugs or stimulants, and cannot possibly cause the slightest ill-effects in any parts of the body. (Most tonics, for example, have a tendency to impair the digestive organs, but Sanatogen powerfully *aids* digestion and nutrition.) Moreover, Sanatogen does not “clash” with any form of medical treatment

which may be prescribed for a patient. It can, therefore, be taken freely, even by very young children, extremely old people, and invalids in the most delicate condition. In the majority of cases, it is only necessary to take a couple of tea-spoonfuls three times daily, for a few weeks ; but no matter for how long a period Sanatogen has been taken, *it can be left off at any time without the slightest risk of reaction.*

I may mention here that Sanatogen is in the form of a fine white powder, practically tasteless, and mixes with water into a creamy emulsion which can be added to any non-acid beverage. Being a natural food, there is no risk of taking an overdose, *and I have yet to encounter the person who cannot digest it and absorb it into his system to the very last grain.*

I could quote you case after case from my own practice in proof of what I have said. But I think you will be more satisfied if I select from the writings of those whose names are held in the highest respect in the medical world, cases which they have recorded in the medical periodicals of the day and in other public ways. More than this even can be said of Sanatogen : *It has so triumphed over what I am not ashamed to call professional conservatism, that it is now mentioned in some of the standard medical text-books as a remedy for many of the diseases I shall mention hereafter.*

CHAPTER IV

SOME DISEASES OF MODERN LIFE AND THEIR RATIONAL TREATMENT

If I were asked what were the commonest diseases of present-day life, leaving out what we call specific diseases, such as measles, whooping-cough, etc., I should say, without hesitation, indigestion or dyspepsia, neurasthenia (either general or local in the form of neuritis), anæmia, consumption (or tuberculosis of one or other organ of the body), influenza in its numerous and often extraordinary varieties, cancer, enteritis (especially amongst young infants), and such things as bronchitis and pneumonia, the varied forms of gout, etc. Now, one of the earliest signs of any disease, except those which commence suddenly, is loss of weight. This simply means that the disease-process is either interfering with the carriage of nutriment to some or all of the cells of the body; or it may mean that the cells are sick and feeble, and cannot take up from the blood the nutrition they require; or it may mean that the cells are working too actively, and the waste which invariably goes on during work is not being adequately made good. It will be seen that, for any and every explanation of disease and disability of the body, we have to come back to the cell—the unit of body-matter. Not only that, but we have to come back to the nourishment of the cell—the phosphorus and the albumin of which we have spoken—for without the special nourishment it requires, no cell can go on doing its work properly.

Loss of Weight

You can all test the truth of this statement about loss of weight coinciding with loss of health, by noticing your own weight—always on reliable scales, of course—for a comparatively short period. Any loss should be the signal to you to look after your body-cells, and I am prepared to guarantee, from my own personal experience, that by taking Sanatogen for a short period you will

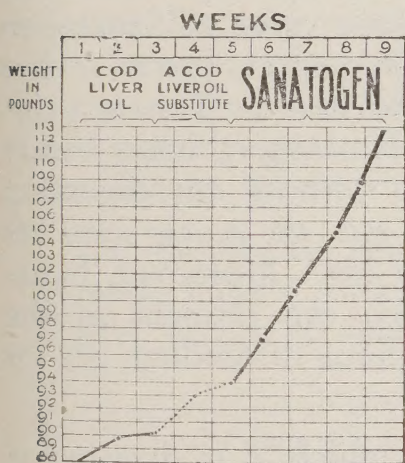


Diagram published in "Public Health" showing increase in weight of consumptive patient in one of the leading hospitals.

be able to trim up your cells for action in a way that nothing can surpass, and more than counter-balance the loss of weight. I can back up this assertion by evidence that no sane person will think of putting aside, and I will commence with a case reported in one of the best-known medical journals, viz.: "The Practitioner"—a case of that terrible "white plague"

that the whole country is devoting attention to at present :

"A woman, aged thirty-two, and weighing 96 lbs., suffered from consumption. Under liberal diet she gained 4 lbs. in three weeks. As she did not retain this, during the following three weeks she was given an emulsion of linseed oil, and at the end of 19 days her weight went up to 103 lbs., but she still suffered from lung symptoms and an irritating cough. Sanatogen was then ordered for her, and her weight rose in the following way: At the end of 10 days she weighed 104½ lbs.; at the end of 21 days, 107 lbs.;

at the end of 42 days, 113 lbs. ; at the end of 80 days, 119 lbs. ; at the end of 120 days, 124 lbs. Her weight remained at or about this for over six months, and in that time the lung condition became entirely cured."

Indigestion or Dyspepsia

Now let me quote you some opinions and some cases in support of the immense value of Sanatogen in cases of Indigestion or Dyspepsia, for *it is here that it excels itself in restorative power*. This is principally due to the fact that Sanatogen, being ready for absorption by the system without any digestion to speak of, *can be taken up into the system when the digestive cells are at their lowest ebb*. Moreover, Sanatogen contains nothing which can ferment in the stomach or intestines to produce distending gas or objectionable acid.

The remarkable ease with which it is digested is proved by the fact that it is constantly used in typhoid (enteric) fever, in which it is absolutely imperative to supply a food which the debilitated organs can digest and which will leave no waste to irritate the inflamed and ulcerated bowel.

On this particular point, one of the most famous physicians in the world, Dr. Ewald, writes :

"Sanatogen, on account of its being very easily absorbed, and, further, on account of its being of a perfectly non-irritating character, may be used with great advantage for the purpose of increasing the nutritive value of a given diet in all cases of physical weakness, especially in those of a chronic nature, as well as in the acute stages of all those maladies which are accompanied by high rise of temperature, and particularly in enteric (typhoid) fever."

In fact, a physician, writing in "The General Practitioner," terms Sanatogen "an aid to digestion as well as a food," and proceeds to relate a specially stubborn case of dyspepsia where, as a last resort, he had ordered a sea-voyage.

"Immediately after his return," writes this physician, "he was suffering from marked dyspepsia, loss of appetite, and had lost $10\frac{3}{4}$ lbs. in weight during his two months' absence. He was ordered two tea-spoonfuls of Sanatogen thrice daily and ordinary diet. At the end of a week his indigestion had entirely gone, his appetite was normal, and he has already increased $2\frac{1}{4}$ lbs. in weight."

Of the really splendid effects of Sanatogen in typhoid fever I myself can speak with authority, for I have used it in some hundreds of such cases.

Cases	Time of treatment	RESULTS Increase of:			
I	14 days	50,000 red corpuscles per cmm.			
II	21 "	300,000	"	"	"
III	4 weeks	900,000	"	"	"
IV	1 week	80,000	"	"	"
V	14 days	140,000	"	"	"
VI	14 "	200,000	"	"	"

The increase of red blood corpuscles is shown very clearly in the above table, compiled in one of the leading hospitals, where Sanatogen has been, in use for over twenty years.

Anæmia

Sanatogen's power of restoring the blood in even the most severe cases of anæmia is proved by a case recorded in "The General Practitioner." "A girl of seventeen, who suffered badly from neuralgia, showed

on examination only 3,900,000 red corpuscles per cubic millimetre (instead of 5,000,000) with 40 per cent of red colouring matter (hæmoglobin) in her blood (that is, two-fifths of what it should have been). After taking Sanatogen for twenty-one days, the red corpuscles numbered 4,200,000, and the red colouring matter had increased to 56 per cent. The result was that she lost the neuralgic pain entirely."

This case is an illustration of the fact that the physician has frequently to look a long way for the causation of pain. Here the patient's nerve was being starved of the nourishing matter it needed, owing to the sickness of the blood-cells and the inability to convey nutrition; the blood-cells once restored to their natural functions, the nerve pain vanished.

Nervous Exhaustion

I have already indicated in Chapter II the manner in which nervous overstrain shows itself. I propose to quote to you a few opinions of the value of Sanatogen in such conditions, which the proprietors have courteously allowed me to see. I have only this remark to make, that there is no need for any sensible person to overstrain his nerves. Your nervous system is just like an electric battery—so long as the battery is kept charged or supplied with the material it requires for the creation of energy, so long will it go on supplying energy. My advice, therefore, is, do not let your nervous system get exhausted before you begin to think about giving it extra food. Whenever you are undergoing a strenuous period of work, remember to feed your nerve-cells, and use Sanatogen for that purpose. I have done this often enough myself to know its real value, and once you have given it a fair trial you cannot fail to be of my opinion. Here is one at all events who shares it :

Mr. Ben Davies, the famous tenor, writes : " The effect of Sanatogen was simply wonderful ; my strength and energy soon returned, and I feel as fit as ever."

Sir Landon Ronald, F.R.A.M., F.R.C.M., etc., the famous conductor and composer, writes : " I am very happy to give my small testimony to the efficacy of Sanatogen. When I get that feeling which, alas, I know so well, of ' being too tired to enjoy dinner, a play, or a game of bridge,' then I resort to a treatment of Sanatogen, and the results are really excellent. In my opinion it will go a long way to prevent a nervous breakdown, so I take it and recommend it to my friends."

Again, Mr. Gilbert Frankau, the well-known British novelist, writes : " It is difficult to tell you the exact effects of the course of Sanatogen which I have taken recently, as I have been working from eight to ten hours a day during the period, and this naturally does not conduce to the most stable state of mind. I do feel, however, that Sanatogen has undoubtedly helped me—and is still helping me—to stand the strain. The best testimonial which I think I can give you is that I have decided to continue Sanatogen as a permanent article of my diet."

Under similar conditions, Sir Hall Caine, the popular novelist, has found the benefit of Sanatogen. He writes : " My experience of Sanatogen has been that, as a tonic nerve food, it has on more than one occasion done me good. I have lately had further proof of its efficacy in building up and restoring the nervous system under conditions of severe mental and emotional strain."

Neurasthenia



*Diagram showing
Nervous System.*

I now come to that great group of nervous diseases, neurasthenia. I could not if I would give you the symptoms of this condition—they are legion, and they concern every single organ in the human body. They may affect sight, hearing, taste, smell, touch, power of movement, digestion, appetite, sleep, heart action, circulation, etc., etc. —*every* bodily function may go wrong or be feebly and inadequately performed, and the sufferer become listless, toneless, and inert. The condition is one of general tissue starvation, and in particular starvation of the nerve-cells. Only by a prolonged course of rest and persistent special feeding-up of nerve-cells can the patient be restored to health, and I know of nothing to approach Sanatogen for this purpose, though I have exhausted the drug market in my search for a lasting remedy. That my opinion is fully borne out by others is well shown in the following statements.

Dr. E. Persichetti, the physician to H.M. the Queen-Mother of Italy, writes: "I have used Sanatogen in several cases of neurasthenia, with the result that in every case the nervous symptoms were greatly diminished. I am convinced that Sanatogen is a valuable tonic food to restore lost strength."

Madame Sarah Grand, who has long enjoyed the reputation of being one of the foremost novelists, suffered from neurasthenia so that, as she herself stated, she had "nearly four years' enforced idleness

from extreme debility," yet she recovered her health completely by the use of Sanatogen. She writes : " My nervous breakdown was due to overwork. I had all the usual distressing symptoms—restlessness, irritability, insomnia, and inability to concentrate my attention on anything. A rest-cure was prescribed, but that did not answer until Sanatogen was recommended to me, and I began to take it regularly three times a day. The change was gradual, a building-up process ; but not jerry-building, the work was done to last. It took four months, but at the end of that time my nerves were calmer, and I was able to work for longer at a time and with less fatigue than I ever felt before. I still take it, and the more I use it the more impressed I am with its value. I find it gives me staying power in a way that nothing else does."

Convalescence

There is one stage in disease of all kinds which is trying alike to the attending practitioner and the patient, and that is the stage of convalescence. The acute part of the illness has gone, the doctor is only visiting just to see that his patient is not drifting into any after-complications, and things seem for a time somewhat at a standstill. It is here that the wise physician and the wise patient alike will call Sanatogen in to their aid. By means of Sanatogen, the oft-times weary period of convalescence can be most agreeably shortened, and the patient restored to the full activities of life, long before he would have been had he not thought of stimulating those cells which are weary with the struggle against disease. *In my experience, this is one of the happiest uses of this excellent preparation.*

On this subject, so great an authority as Dr. Ott, Physician Extraordinary to His late Majesty King Edward VII, at Marienbad, writes : " I have pleasure

in stating that I have been using Sanatogen for a number of years in my practice with excellent results. These results have been notably good in cases of convalescence after severe illnesses, and also in the case of elderly people when it was desirable to build up the strength, to stimulate the bodily functions, and to improve the circulation of the blood."

Insomnia

Only those who have suffered from insomnia or sleeplessness know its incessant tortures. A starved nervous system, continually crying out for proper sustenance, can know no rest. Strength of mind appears to be of no avail—indeed, how can it be when the brain, the organ of mind, is starved of nutriment like the rest of the nervous system? These apparently hopeless cases, however, yield readily to a course of Sanatogen, and, moreover, the taking of Sanatogen has, in my opinion, on many occasions prevented the onset of insomnia. Here is an un-biassed view of its value. Lady George Loftus writes: "I take Sanatogen for sleeplessness. It has a most marvellous effect on me like nothing else. I have tried all the various substitutes, but not one of them did me any good."

Diabetes

This is a wasting disease, characterized by the passage of large quantities of urine, containing a special kind of sugar known as glucose. It is commonly caused by nervous strain, prolonged mental anxiety, over-indulgence in alcohol, and as the result of certain acute diseases. In restoring the nerve and kidney-cells to proper action, the physician has, indeed, a hard battle to fight. But, with Sanatogen as an ally, hope need not be abandoned—in witness

whereof I cite the following case. Dr. A. L. Goldwater, writing in "Therapeutic Medicine," records the case of a woman who suffered from this disease for nearly five years. From weighing about 200 lbs. she was reduced to 153 lbs.; she slept restlessly, had 2.9 per cent of sugar in her urine, was troubled with thirst and continual dizziness. She was given two teaspoonfuls of Sanatogen three times a day, and in two months her weight had increased 6 lbs.; she was no longer giddy; while, under the influence of further treatment, the sugar entirely disappeared. Dr. Goldwater remarks: "Since I have been adding Sanatogen to my previous form of medication, my cases have shown a still more marked and apparently permanent improvement than before."

Fatigue

Whether your occupation is light or heavy, mental or manual, there comes a moment in each day's work when both output and efficiency begin to suffer by the onset of fatigue and you feel "stale"—too exhausted even to enjoy your well-earned leisure.

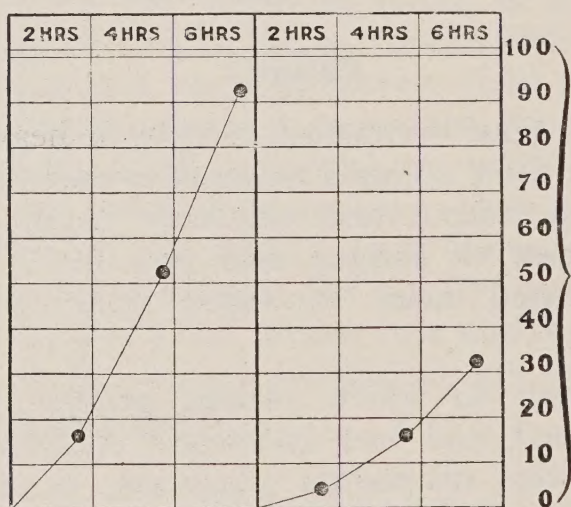
The extent to which various groups of people were fatigued, and how Sanatogen enabled them to overcome this distressing condition, is graphically illustrated by the experiments recently conducted by an eminent physician. (See "Medical Echo," January, 1925.)

By applying the well-known Scheiner's accommodation test to a number of indoor workers it was found that they had used up 92 per cent of their energy after six hours' work. When, however, these same workers had taken a two weeks' course of Sanatogen they could accomplish six hours' work and still retain 66 per cent energy with which to enjoy

their leisure. Here, then, is convincing evidence of Sanatogen's unique power to create and conserve bodily and mental energy, and thus help the tired worker to overcome fatigue, and to finish the daily task with sufficient reserves of energy to enjoy the leisure hours.

The chart reproduced below will help you to visualize the results of these experiments more clearly. The rising line shows the increasing fatigue; on the left before they used Sanatogen; on the right after the use of Sanatogen.

Scientific Experiments showing Percentage of Fatigue present after 6 hours' continuous work:



Group of indoor workers fed on ordinary diet.

Same people after they had taken Sanatogen for 14 days.

For Nursing Mothers

I have spoken up to now of cases where unusual demands have been made on the cells of the body by illness or breakdown. But there is at least one other very important condition, when purely natural causes put a severe strain on the system, and that

condition is pregnancy and the nursing of a newborn infant. At the *International Conference on Infantile Mortality*, held in London, several papers were read by distinguished physicians, showing how the health of the mother during pregnancy influenced the well-being of the child when born. The greatest stress was laid on the proper nutrition of the expectant mother, and rightly so, for she is undergoing a physiological strain of an exceptional character, and her food is of the most vital importance to her own health and that of the infant she is to bear. Both during pregnancy and during the period when she is nursing her child, it is the imperative duty of every mother to keep her body-cells at their very best, otherwise an invalid mother and a puny child may be the result. I strongly advise the use of Sanatogen under these circumstances, for my experiences with it have been crowned with success.

Dr. A. L. Goldwater, in a paper, published in "Therapeutic Medicine," quotes a specific instance of Sanatogen's power of *increasing the maternal supply of milk*. A woman nursed her first baby for six weeks, when the milk suddenly became scanty and insufficient to nourish the child, who was fed on the bottle, eked out by as many breast-feedings as possible. The child did not thrive, and Dr. Goldwater prescribed Sanatogen *for both mother and child*. He writes: "Before administering Sanatogen to the mother, she had used porter, malt extract, and various reputed milk-producers without any appreciable influence on the quantity of the milk. She had not been able to take a pint of milk a day in any form, as it immediately produced biliousness and headache. After placing her upon Sanatogen, of which I gave her an ounce and a half per day, it seemed to modify the milk, or, at any rate, to help her digestion of it to such an extent that she was able to take nearly

two quarts a day, which, no doubt, was a contributing factor towards the increased flow of milk from her breast. The child held its own from the start, and soon began to gain weight, and the mother's milk, too, increased in quantity, so that at the end of four weeks, it was only necessary to give two bottle-feedings a day. This procedure continued until the child was eight months old, when it weighed 21 lbs., and was, apparently, in perfect health."

A Last Word

Do not imagine, from what I have said, that I am vaunting Sanatogen as a cure for all ills. It would be absurd of me to attempt this. But I will stake my professional reputation on the statement that there is no condition in which it will not do some good, and there is no condition that I have ever heard of in which it can possibly do the slightest harm. Its proved effect on the well-being of the cell enables it to be of benefit in cases in which those who have not the advantage of a medical education would think it could not have any effect at all.

Now my task is concluded—not because I have no more to say of this triumph of modern chemistry, but because my space is exhausted. My faith in Sanatogen is as strong as steel, and is founded on the solid rock of practical experience. The addition of Sanatogen to my list of remedies has eased my labours, strengthened my confidence, brought sunshine and hope to my patients, and halved the burden of life for those who were hardly equal to it. There is a French proverb to the effect that "*Life is half spent before we know what life is.*" I have given you the clue to life of the best, the healthiest, and the fullest kind, and if you now allow the opportunity to slip by, the blame will be entirely your own.

NOTE BY THE PROPRIETORS

¶ Over twenty-four thousand doctors have written to the proprietors, praising Sanatogen as being unrivalled in the treatment of nervous disorders, disorders of nutrition, and diseased conditions of the blood and of the body generally.

Though it seldom happens that substitutes for Sanatogen are offered, it may be as well to emphasize the fact that no substance is the same as Sanatogen, or "just as good." For Sanatogen is a new and definite chemical compound, possessing unique properties of its own, and produced by very intricate chemical processes. It is because Sanatogen is different from, and superior to, all other tonics and nutrients, that it was the only preparation of the kind to receive the highest possible award, the Grand Prix, at the International Medical Congress held in London. Therefore, insist on having genuine Sanatogen.

Sanatogen is sold at all chemists in tins from 2s. 3d. Of course, the larger sizes at 3s. 3d., 5s. 9d., 10s. 9d. are more economical.

Sole Manufacturers :

GENATOSAN LTD., LOUGHBOROUGH, ENGLAND

PUBLIC OPINION

The following are a few of the many testimonials to Sanatogen received from thousands of people in all walks of life.

Sir Gilbert Parker, Bt., the famous novelist and statesman, writes :

"I have used Sanatogen with extraordinary benefit. It feeds the nerves, increasing the energy and giving fresh vigour to the over-worked body and mind."

Sir John Lavery, R.A., writes :

"I have tried Sanatogen on a brother artist suffering from nervous breakdown, and the results have been such that I am looking forward without anxiety to my next nervous attack."

Dame Clara Butt, D.B.E., the world-famous contralto, writes :

"Sanatogen has certainly proved one of the best restoratives that I know of."

Miss Olga Nethersole, founder of the People's League of Health, writes :

"It is with great pleasure that I recommend Sanatogen, having greatly benefited by its effects."

Mr. Compton Mackenzie, the popular novelist, writes :

"While I am writing a book I rely almost entirely on Sanatogen. I find it hard to express in words the benefit I have derived from Sanatogen. I have tried other preparations, but personally I find that Sanatogen is the only one that never fails."

Miss Kathlyn Rhodes, the well-known authoress, writes :

"Although as a rule the fortunate possessor of excellent health, there are times when, after a long period of hard work, I feel myself feeling rather run-down and headachy. At these times Sanatogen proves invaluable, and after a short course of this preparation I am quite fit again, and am able to carry on my work without any feeling of fatigue or lassitude."

